

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

July 2014

Orange Teriyaki Chicken

Coleslaw Pasta Salad

Campfire Banana Boats

Foil-Grilled Veggies

BBQ Chicken and Cheddar Foil Packet Dinner

Orange Teriyaki Chicken

¼ cup soy sauce
3 tablespoons chopped onion
2 cloves garlic, minced
1 tablespoon olive or canola oil
½ teaspoon black pepper
½ teaspoon ground ginger
½ teaspoon red pepper sauce
½ can (6 ounces) orange juice concentrate
6 boneless, skinless chicken breasts



1. In a small bowl, combine all ingredients except chicken.
2. Place chicken breasts in a freezer bag and pour marinade over chicken. Marinate for at least 30 minutes or overnight before grilling.
3. Grill chicken 4-6 inches from the heat source for 35-40 minutes or until the internal temperature reaches 165 degrees.

Recipe Source: Utah State University Cooperative Extension, Freezer Meal Planning, http://extension.usu.edu/files/publications/publication/FN_FoodPreservation_2009-01pr.pdf

Nutrition Note: This recipe makes 6 servings. Each serving has 220 calories, 5 grams of fat, 28 grams of protein, 13 grams of carbohydrates and 850 milligrams of sodium.

Coleslaw Pasta Salad

1 bag (14 ounces) coleslaw
1 cucumber, diced
½ red onion, diced
½ cup diced celery
1 box (7 ounces) ring macaroni, cooked



Dressing: ¾ cup white sugar
1½ cups light salad dressing (like Miracle Whip)
1 teaspoon distilled vinegar
Salt and pepper to taste

1. In a large bowl, place the vegetables and pasta.
2. In a separate bowl, mix the dressing ingredients.
3. Pour dressing over vegetables and pasta. Mix together.

Nutrition Note: This recipe makes 12 servings. Each serving has 160 calories, 6 grams of fat, 2 grams of protein, 25 grams of carbohydrates and 280 milligrams of sodium.

Breastfeeding:

Why breastfeed?

“Because as a new mom, I felt I had better things to do with my time than wash bottles.”

~ Chelsie, WIC Breastfeeding Mom from the
Grand Forks Air Force Base

For more information about breastfeeding, check out our
breastfeeding website at www.ndhealth.gov/breastfeeding.



Campfire Banana Boats

4 bananas
1½ Hershey® chocolate bars
Miniature marshmallows

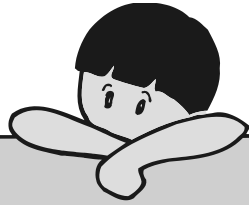
1. Preheat oven to 350 degrees.
2. Slice bananas down the middle lengthwise without cutting through the peel on the opposite side.
3. Pack 4 squares of a chocolate bar and as many marshmallows as you can fit down the middle of each banana. Wrap in foil.
4. Lay foil packs on a baking sheet and place in the oven for 10 minutes or until chocolate is melted and marshmallows are gooey. Remove from oven and serve on a plate to catch drips.
5. Can also be grilled. Wrap each foil covered banana in foil again and place on the top rack of the grill or away from the direct heat. Grill for 10 minutes.

Nutrition Note: This recipe makes 4 banana boats. Each banana boat has 210 calories, 5 grams of fat, 3 grams of protein, 42 grams of carbohydrates and 25 milligrams of sodium.



Kid-friendly Veggies and Fruits

Frosty Fruits: Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freeze.



Turn Off the TV

Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.

Source: www.headstartbodystart.org

Foil-Grilled Veggies

- 1 package (12 ounces) fresh stir-fry vegetable mix (snow peas, broccoli, carrots)
- 1 cup sliced baby carrots
- 1 cup chopped asparagus
- 1 cup diced green, red or yellow peppers
- ½ cup diced onions
- 1 cup chopped fresh green beans
- 1 cup cubed potatoes, white or sweet (washed and unpeeled)
- 1 teaspoon celery seed
- Salt and pepper to taste
- ¼ cup olive oil

1. In a large bowl, toss together the vegetables listed above. Add celery seed, salt, pepper and olive oil to the vegetables and mix.
2. Place the vegetables on individual pieces of heavy-duty aluminum foil (large enough to fold the ends and sides together tightly to seal). A metal grill pan can also be used with foil over the top.
3. Grill over medium high heat about 30 minutes until vegetables are tender. Foil packets can also be cooked in the oven (400 degrees, middle rack) on a baking sheet for about 20 to 30 minutes.
4. Open the foil packets carefully as steam will come out. Cut open with a sharp knife and carefully fold back the foil so the steam can escape. Serve directly from the packet.

Recipe Adapted from University of Nebraska Lincoln Extension
<http://food.unl.edu/fnh>

Nutrition Note: This recipe makes 12 servings. Each serving has 80 calories, 4.5 grams of fat, 2 grams of protein, 8 grams of carbohydrates and 20 mg sodium.

BBQ Chicken and Cheddar Foil Packet Dinner

- 3 tablespoons barbecue sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small red potatoes, thinly sliced (unpeeled)
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1½ cups shredded reduced-fat cheddar cheese

1. Preheat oven to 375 degrees.
2. Spoon about 1 teaspoon of the barbecue sauce in the center of a sheet of foil (approximately 12x12 inches). Place one chicken breast half over the barbecue sauce and spread another teaspoon of sauce over the chicken. Top with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.
3. Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets.
4. Place packets on a baking sheet and bake for 35 minutes or grill for 35 minutes, until the chicken reaches an internal temperature of 165 degrees.
5. Open foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates, if desired.

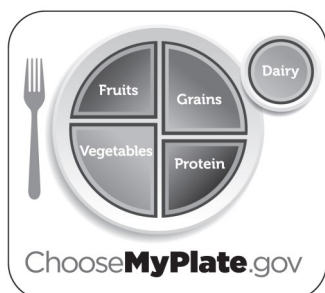
Recipe Source: National Dairy Council, www.nationaldairycouncil.org

Nutrition Note: This recipe makes 4 servings. Each serving has 290 calories, 4.5 grams of fat, 38 grams of protein, 21 grams of carbohydrates and 630 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Fire up the Grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple or mangos add great flavor to a cookout.

